

# Convict Conditioning: Squats Cheat Sheet

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THE 6 WORKOUTS: (DOWNLOAD THE [e-book](#))

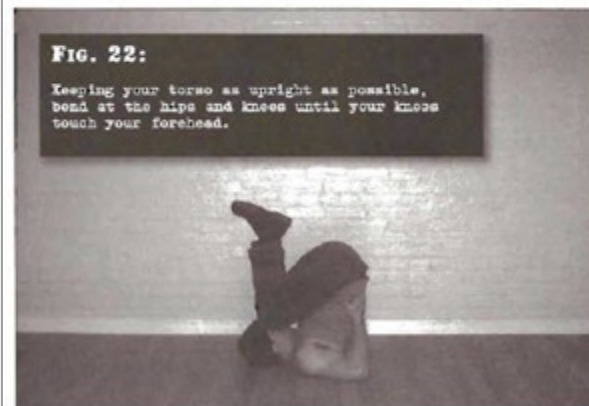
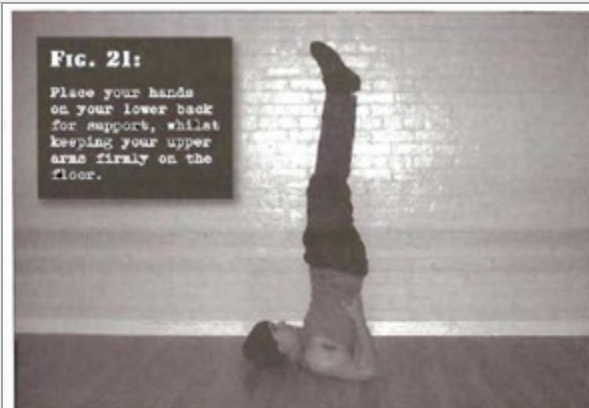
1. [Pushups](#)
2. **Squats**
3. Pull-ups
4. Leg Raises
5. Bridges
6. Handstand Pushups

## Squats

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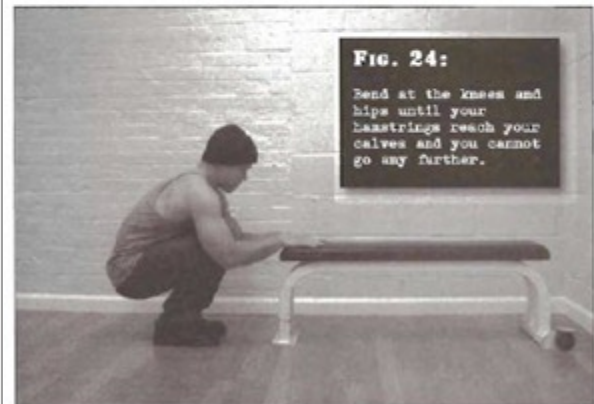
### 1. Shoulderstand Squats

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 25
3. Progression Standard 3 sets of 50



## 2. Jacknife Squats

1. Beginner Standard: 1 set of 10
2. Intermediate Standard 2 sets of 20
3. Progression Standard 3 sets of 40



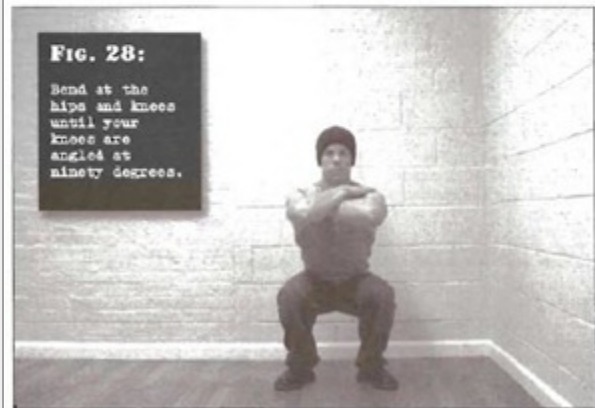
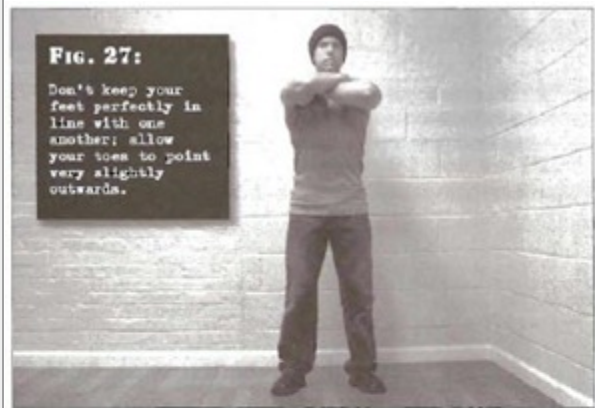
## 3. Supported Squats

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 15
3. Progression Standard: 3 sets of 30



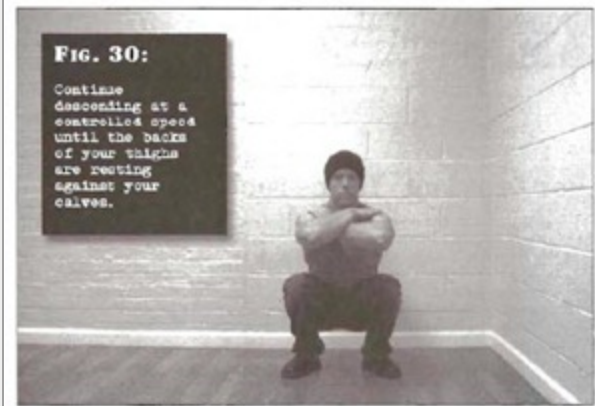
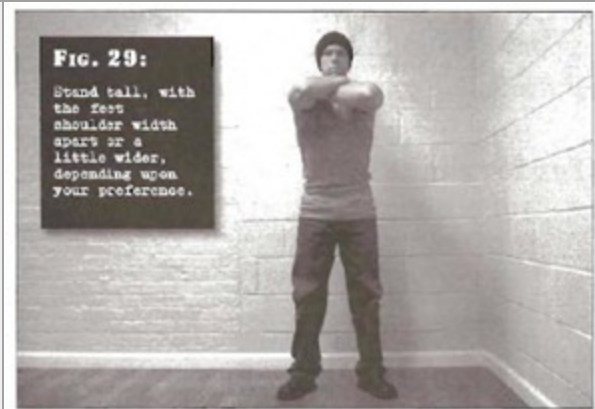
#### 4. Half Squats

1. Beginner Standard: 1 set of 8
2. Intermediate Standard: 2 sets of 35
3. Progression Standard: 2 sets of 50



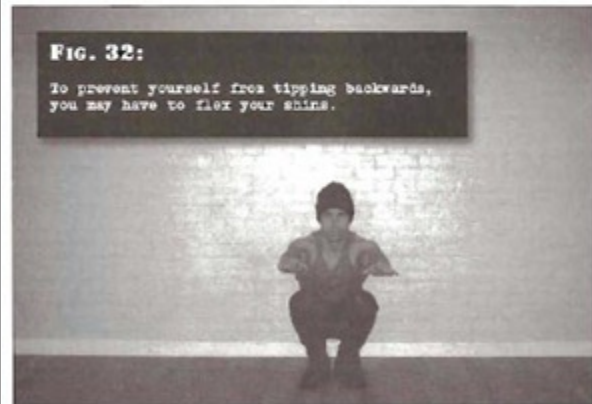
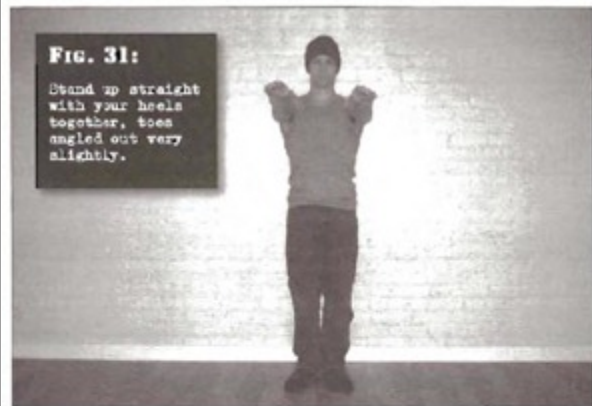
#### 5. Full Squats

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 10
3. Progression Standard: 2 sets of 30



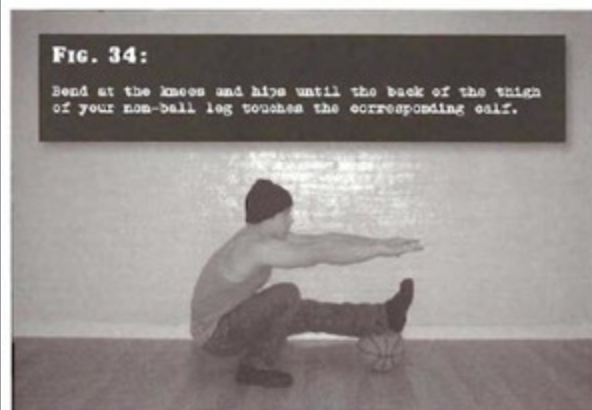
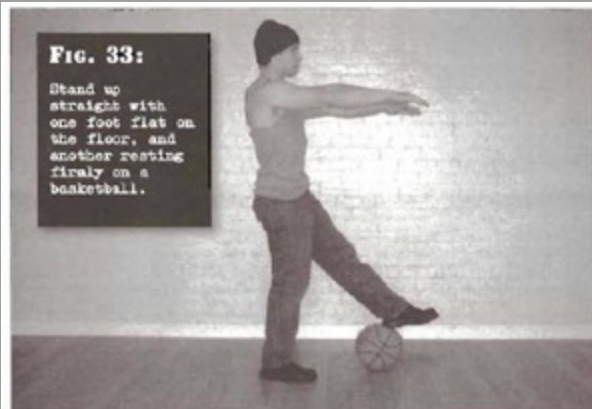
## 6. Close Squats

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 10
3. Progression Standard: 2 sets of 20



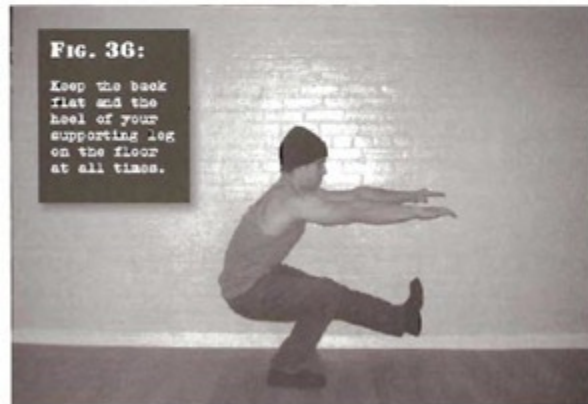
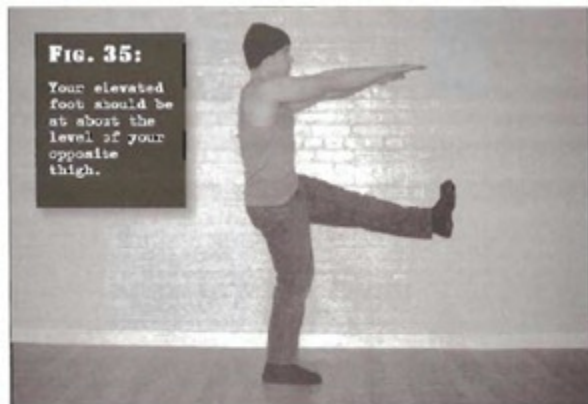
## 7. Uneven Squats

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)



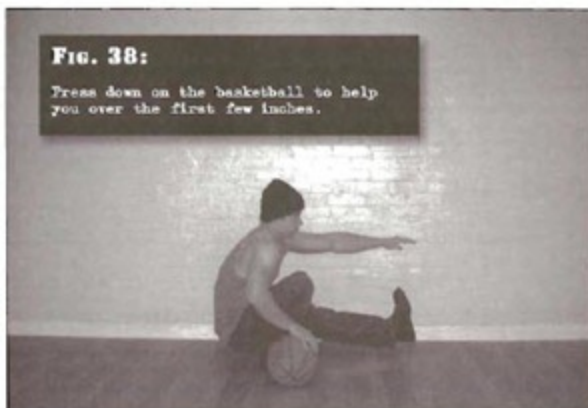
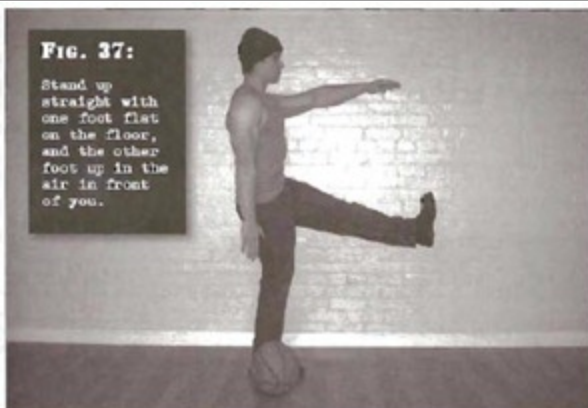
## 8. 1/2 One-Leg Squats

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)



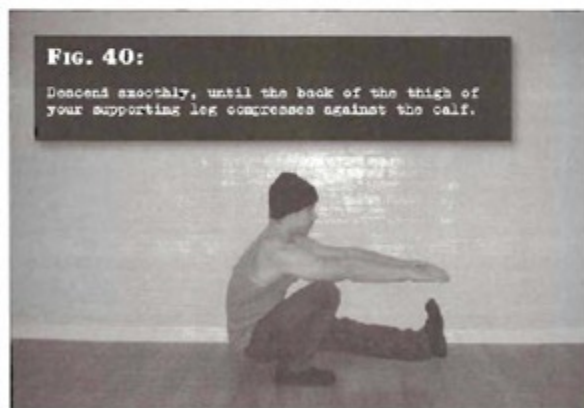
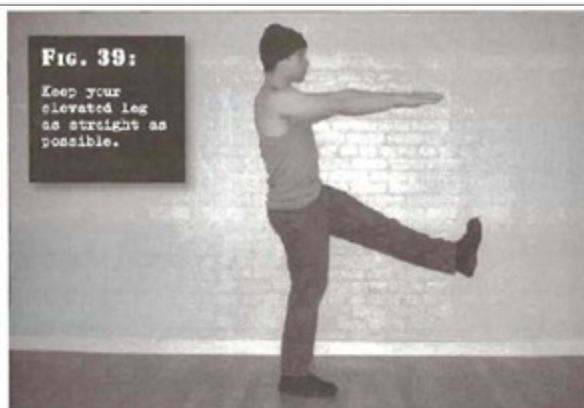
## 9. Assisted One Leg Squats

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Progression Standard: 2 sets of 20 (both sides)



**10. Master Step: One Leg Squats**

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 10 (both sides)
3. Master: 2 sets of 50 (both sides)



All images and workout progressions are from the book [Convict Conditioning](#)